

CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How To Get Quick Relief From Head-Colds. It's Splendid!

In one minute your closed nostrils will open, the air passages of your head will clear and you can breathe freely.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant antiseptic, healing cream in your nostrils.

It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relieves comes instantly.

It's just time. Don't stay stuffed-up with a cold or nasty catarrh—Relief comes so quickly.

SHE DARKENED HER GRAY HAIR

A Kansas City Lady Darkened Her Gray Hair and Stimulated Its Growth by a Simple Home Process.

She Tells How She Did It

A well-known resident of Kansas City, Missouri, who darkened her gray hair by a simple home process made the following statement: "Any lady or gentleman can darken their gray or faded hair, stimulate its growth and make it soft and glossy with this simple recipe, which they can mix at home."

It is will interest STOMACH SUFFERERS

Says Indigestion comes from an excess of hydrochloric acid.

A well-known authority states that stomach trouble and indigestion is nearly always due to acidity—acid stomach—and not, as most folks believe, from a lack of digestive juices.

He states that an excess of hydrochloric acid in the stomach retards digestion and starts food fermentation, then our meals sour like garbage in a can, forming acid fluids and gases which inflate the stomach like a toy balloon.

He tells us to lay aside all digestive aids and instead, get from any pharmacy four ounces of Jad Salts and take a tablespoonful in a glass of water before breakfast while it is effervescing, and furthermore, to continue this for one week.

THE PEEL BY-ELECTION. Win or Lose, the Ontario Government to Suffer.

(Special to the Whig.) Brampton, Feb. 24.—This is polling day in Peel, and after the most strenuous bye-election seen in Ontario for several years the result is still uncertain.

WANTS \$5,000 FOR HAIR. College Boy Wants Damages From Quartette of Students.

Try Cooke's for Photos 159 Wellington St. Opp. Golden Lion Grocery

John M. Patrick Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted.

Sleepytime Tales

DANDY DOES A DANCE.

Once upon a time Frank's grandmother asked him to go down to the village and get her some wool so she could finish her knitting.

KEEPING YOUNG.

Old Age is Not by Any Means Merely a Matter of Years. There is no scientific evidence to show that late youth and middle age are the periods of commencing decrepitude and "old age."

PRIVATE WARS.

Any Pretax Would Serve to Start a Conflict in Feudal Times. "Of the many privileges conferred on the nobles of Europe by the feudal system none was more jealously guarded or more frequently exercised than the right of waging private war."

"Low Cost of Living" Menu

- Menu for Friday BREAKFAST Bananas Broiled Smoked Herring Muffins Coffee LUNCHEON Baked Potato Egg Plant Potato Souffle Egg Plant Pepper and Cabbage Salad Boiled Rice, Whipped Cream DINNER Baked Fish Haddock—Soak the fish for over an hour in cold water.

AGE OF THE EARTH.

Different Systems of Computing it and Their Varying Figures. As long ago as 1860 John Phillips, the geologist, estimated that the time required for the deposition of the stratified rocks lay between 38,000,000 and 95,000,000 years.

THE PROTECTING FOREST.

Important Part Trees Play in Preventing Serious Floods. It has been shown that forests prevent the rapid melting of ice and snow and thus avert or modify floods in the spring.

How To Get Rid of a Bad Cough

A Home-Made Remedy that Will Do It Quickly, Cheap and Easily Made. If you have a bad cough or chest cold which refuses to yield to ordinary remedies, get from any druggist 2 1/2 ounces of Pinex.

Two of a Kind.

A lady selected some purchases in a store, asking that they be kept for her until the next day.

Simply Couldn't.

"Now, son," said the lawyer, "you were guilty of various misdemeanors today and must be taken to task."

On His Part.

"Tom out of work again? Why, I thought he had a steady job?" "Oh, the job was steady; Tom wasn't."

Envious.

Howell—I'm engaged to Miss Rowell. Congratulate me, old man. Powell—I would if I did not know that in her case a nomination is not equivalent to an election.

Testing the Piano.

The town council of a thriving Scotch burgh recently acquired a piano for their town hall and appointed three of their number to inspect and report on the purchase.

Scarf Fever.

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Water, is this jam or punch?

"Waiter, is this jam or punch?" "Can't you tell by the taste?" "No."

Duke Inspects Troops Ordered Overseas.

His Royal Highness the Duke of Connaught receiving the salute of the 74th and 75th Battalions at Exhibition Camp, Toronto, as they marched in column formation to the inspection ground.

All men have their frailties.

All men have their frailties, and he who looks for a friend without imperfections will never find what he seeks.

A woman has about the same ambition.

A woman has about the same ambition to get into society as a man has to keep out of jail.

There is a pleasure in being cranky.

There is a pleasure in being cranky that only a crank can know. One short year of matrimony turns auburn tresses to a deep red.

PEARLINE cuts the grease from dishes. PUT a teaspoonful of Pearlina in the dishpan. You will find it much easier to get the dishes clean than when using soap.

CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of Dr. J. C. Watson. In Use For Over Thirty Years.

THE TRANSCONTINENTAL New Route to Western Canada TORONTO-WINNIPEG. Lv. Toronto 10.45 p.m. Tuesday, Thursday and Saturday.

GRAND TRUNK RAILWAY SYSTEM Local Branch Time Table. CANADIAN PACIFIC OCEAN SERVICES ALLAN LINES. CAN. PAC. LINES. March 2nd Excursion to New York.

Mrs. Elizabeth Towne, editor of the Nautilus Magazine, is one of the few women who has really won her own way. Left with two small children to support, she began the publication of a four-page newspaper with a capital of \$30, but from this small beginning the paper has grown into an illustrated magazine with a circulation of over 50,000.